



Active Minds - Women's Football Volunteer

Active Minds is a service within Mind In Croydon which aims to promote physical and mental wellbeing by supporting people to take part in physical activities.

Role of the Football Volunteer:

To promote physical and mental wellbeing through the running of weekly football training sessions using equipment provided. The weekly training sessions take place at Sanderstead Recreation ground. The volunteer will also be responsible for texting and reminding clients of the sessions. An initial part of the volunteer's role would be to build up the group from 1 or 2 members by advertising and promoting the group, for example by sending out our poster to partner organisations (i.e the FA, SLAM)

Person Specification

Attributes	Essential	Desirable
Be open minded and non-judgmental: We ask that you are respectful of the opinions and life experiences of others.	X	
Be Reliable: We ask that you give 24 hours' notice if you cannot attend a weekly session.	X	
Willing to learn: We ask that you take part in training and to help improve your skills during your time as a Volunteer.	X	
Keep confidentiality where appropriate: Issues of confidentiality will be discussed in your training.	X	
Understand the importance of boundaries: Ensure boundaries between yourself and you're the individuals in your group are maintained throughout your time volunteering. Training on boundaries will be given.	X	
Experience of working with people suffering poor mental health		X

What can you gain from volunteering with Active Minds?

- Access to training provided by Mind and other external providers
- Experience of working with vulnerable adults
- We can provide you with references if you volunteer for six months or longer
- On receiving your receipts we will pay expenses involved in attending activities.

If you are interested in this role please email activeminds@mindincroydon.org.uk or call 0208 253 8205